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U.S. DEPT. OF AGRICULTURE

NATIONAL WARTIME FOOD GUIDE

UNITED STATES DEPARTMENT OF AGRICULTURE
Washington 25, D. C.
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THE BASIC 7 FOOD GROUPS

GROUP ONE

GREEN AND YELLOW VEGETABLES...

some raw—some cooked, frozen or canned

GROUP TWO

ORANGES, TOMATOES, GRAPEFRUIT...

or raw cabbage or salad greens

GROUP THREE

POTATOES AND OTHER VEGETABLES AND FRUITS

raw, dried, cooked, frozen or canned

GROUP FOUR

MILK AND MILK PRODUCTS...

fluid, evoporated, dried milk, or cheese

GROUP FIVE

MEAT, POULTRY, FISH, OR EGGS...

or dried beans, peas, nuts, or peanut butter

GROUP SIX

BREAD, FLOUR, AND CEREALS...

Natural whole grain— or enriched or restored

GROUP SEVEN

BUTTER AND FORTIFIED MARGARINE

(with added Vitamin A)

See inside pages for foods in each group

BASIC 7 FOOD GROUPS

All kinds of food are good. It is the way you put them together into meals that makes the difference. To keep healthy and strong, use some food from each of the seven groups every day.

Any food within the same group will take the place of any other. In planning your three meals every day try to use at least one serving of some food from each of the seven groups, not leaving out any single group. Two or three servings each day from Groups Three, Four, and Six would be better.

Use the basic 7 food lists when deciding what to grow in your garden, what to store and can, and what other foods to raise besides vegetables.

If you buy meals away from home, remember the seven food groups when choosing food.

This guide also may be used in planning meals to be served in lunchrooms or to be carried in the lunch box by school children, war workers, and others.

GROUP ONE

GREEN AND YELLOW VEGETABLES

(Raw, cooked, frozen, canned or dried)

Asparagus, green
Beans, snap, string, and green
Broccoli
Chard
Collards
Endive, green
Escarole
Kale
Lettuce, leaf
Mustard greens
Okra
Peas, green
Peppers, green and red
Spinach
Turnip greens
Wild greens
Other greens, including salad greens

Carrots
Pumpkins
Squash, winter yellow
Sweetpotatoes
Yams
(Also apricots and yellow peaches)

GROUP TWO

ORANGES, TOMATOES, GRAPEFRUIT, CABBAGE

(Fresh or canned)
Grapefruit
Grapefruit juice
Kumquats
Lemons
Limes
Oranges
Orange juice
Tangerines
Tomatoes
Tomato juice
Cantaloups (muskmelons)
Pineapples (raw)
Strawberries (raw)

(Raw or slightly cooked)
Cabbage
Brussels sprouts
Cauliflower
Kohlrabi
Rutabagas
Turnips

If foods in Group Two are hard to get, use more, especially raw, from Groups One and Three.

GROUP THREE

POTATOES AND OTHER VEGETABLES AND FRUITS

(Raw, cooked, dried, frozen, or canned)

Potatoes, white

Artichokes
Beets
Celery
Cucumbers
Eggplant
Leeks
Lettuce, head
Lima beans, fresh
Mushrooms
Onions
Parsnips
Radishes
Salsify or oysterplant
Sauerkraut
Squash, summer
Sweet corn
Turnips

Apples
Avocados
Bananas
Blackberries
Blueberries
Cherries
Cranberries
Currants
Dates
Figs
Gooseberries
Grapes
Huckleberries
Loganberries
Mangoes
Papayas
Peaches, white
Pears
Persimmons
Pineapples, canned
Pineapple juice, canned
Plums
Prunes
Quinces
Raisins
Raspberries
Rhubarb
Watermelons
Youngberries

Also, all vegetables and fruits not listed elsewhere.

GROUP FOUR

MILK AND MILK PRODUCTS

Whole milk
Skim milk
Buttermilk
Cultured milk
Evaporated milk
Condensed milk
Cream
Ice cream

Dried milk solids:
  Dried whole milk
  Dried skim milk
Cheese—all kinds, including cottage cheese.

GROUP FIVE

MEAT, POULTRY,
FISH OR EGGS
or dried beans, peas; nuts,
or peanut butter

(Fresh, canned, or cured)
Beef
Veal
Lamb
Mutton
Pork (except bacon and fat back)
Variety meats, such as liver, heart, kidney, brains, tongue, sweetbreads, tripe
Lunch meats, such as bologna
Rabbit
Chicken
Duck
Game
Goose
Guinea
Squab
Turkey
Fish and shellfish:
  Fresh-water
  Salt-water

Eggs (fresh, dried, or frozen)

(Dried)
Black-eyed peas
Cowpeas
Field peas
Great Northern beans
Kidney beans
Lima beans
Navy beans
Pinto beans
Soy beans
Soya flour and grits
Other beans and peas
Lentils

Peanuts and peanut butter
Nuts of all kinds

GROUP SIX

BREAD, FLOUR,
AND CEREALS

(Natural whole-grain or enriched or restored)

Breads:
  Whole-wheat
  Enriched-white
  Rolls or biscuits made with whole-wheat or enriched flour
  Pumpernickel (whole-rye)
  Oatmeal bread

Crackers, enriched-white, whole-grain, soya

Flour, enriched-white, whole-wheat, other whole-grain
Whole-grain or enriched corn meal
Enriched grits
Cereals:
  Whole-wheat
  Rolled oats
  Brown rice
  Converted rice
  Other cereals, if whole-grain or restored

GROUP SEVEN

BUTTER, AND
FORTIFIED MARGARINE with
added Vitamin A

ENERGY FOODS

Basic 7 foods give energy and protect health. The foods listed below give chiefly energy. They should be eaten in addition to the Basic 7 foods, not in place of them.

Bacon
Drippings
Lard
Mutton fat
Salt pork, fat back
Suet
Poultry fat
Salad oils
Salad dressings

Honey
Preserves, jams
Jellies
Cane sirup
Corn sirup
Maple sirup
Molasses (contains iron)
Sorghum (contains iron)

Cornstarch
Noodles
Macaroni, spaghetti
Corn meal, white
Hominy grits
Rice, white

Unenriched:
  Crackers
  White bread, rolls
  White flour

Sugar
Candy
Cakes
Cookies
Pastries
Other sweets

CHECK YOUR MEALS AGAINST THE BASIC 7

Make a list of the foods in your meals for 1 day to learn whether you ate foods from all the seven basic groups.

Check the group to which each food belongs. (Use the wheel and the lists on the inside pages as guides.)

FOODS	GROUP						
	1	2	3	4	5	6	7
Example:							
Potato Soup							
Potatoes			x				
Milk				x			

Did you have food from each of the seven groups?

Why not check your day's meals again soon to be sure you are getting the Basic 7?

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